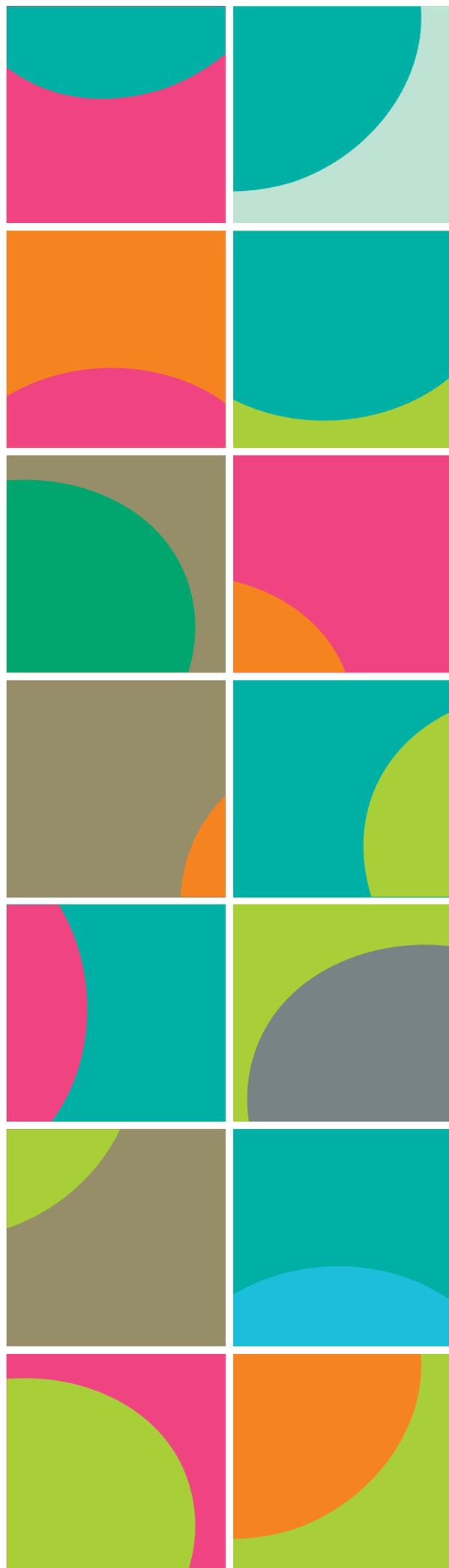


# Prospectus

## West Sussex

### 2018-2019



# Welcome to the beginning of your learning journey to wellbeing with us

## Welcome to our West Sussex prospectus for 2018-2019

In these pages you will find a range of courses that focus on mental health education, wellbeing and recovery. Our courses are delivered by highly specialised clinical practitioners and Peer Trainers – people with lived experience of mental health challenges – and we work closely in partnership with local providers of mental health services.

Courses are **free** to adults of all ages. Whether you're looking to develop your knowledge and skills in self-management, you support somebody with a mental health-related challenge, or you work for Sussex Partnership NHS Foundation Trust or a partner organisation, we're delighted to welcome you on a learning journey.

Consider this prospectus as a guide to a journey that starts with you – offering the learning you need to achieve the future you want.

## Our Principles

- ▶ **Delivering education** Our focus is on education: we're a college, not a clinic – we have students, not patients
- ▶ **Building partnerships** The courses and services we provide are only possible because of our partnership working
- ▶ **Valuing co-production** Our courses are designed and delivered by mental health professionals and peer trainers – people with lived experience of the subject
- ▶ **Providing hope and empowerment** We pride ourselves on enabling our students to become experts in self-management
- ▶ **Offering a supportive environment** Our courses and services are free from associated mental health stigma and discrimination
- ▶ **Being positive, friendly and professional** Our trainers bring insight and empathy to our courses
- ▶ **Respecting your views and opinions** We listen to student feedback and strive constantly to improve our services

## How do I book onto a course?

You can go online at [www.sussexrecoverycollege.org.uk](http://www.sussexrecoverycollege.org.uk) and follow links to our registration pages, or you can request an application form from our Recovery College central office (see contact details below). A link to our online booking request service can also be accessed via the QR code at the foot of this page. You may select up to three courses by registering an expression of interest. We will contact you as soon as we can and will endeavour to ensure you are booked on.

You may apply for courses outside of the area that you live in, but priority will be given to students living in the campus area of the course.

**Please note:** Sussex Recovery College reserves the right to cancel courses or change course dates, times and/or venues. Additional courses may also be added so please visit our website for the most up-to-date information.

## Where can I find out more information about a course?

You can either attend one of our Open Days or contact us directly and we will put you in touch with a course trainer.

## When are the Open Days?

We hold Open Days in both campus areas at the beginning of every term: for more details, see page 5 of this prospectus.

## How do I get in touch with the Sussex Recovery College team?

Our contact details:

### Sussex Recovery College

Aldrington House  
35 New Church Road  
Hove BN3 4AG

 [www.sussexrecoverycollege.org.uk](http://www.sussexrecoverycollege.org.uk)

 [sussex.recoverycollege@nhs.net](mailto:sussex.recoverycollege@nhs.net)

 **0300 303 8086**

(Office hours are Mondays to Fridays 9:00am to 5:00pm, excluding bank and public holidays)



**“The topics covered were real, something you can easily put into action in your everyday life”**

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**SUSSEX  
RECOVERY  
COLLEGE**

**Go to:**  
[www.sussexrecoverycollege.org.uk](http://www.sussexrecoverycollege.org.uk)

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# Open Days and Graduation

## Open Days

Our Open Days give you the opportunity to find out about us, speak to our trainers and review our courses. You may wish to fill in a registration form on the day (supplied separately to this prospectus) or go online at [www.sussexrecoverycollege.org.uk](http://www.sussexrecoverycollege.org.uk) and follow links to our registration pages.

We offer a broad curriculum specific to both **understanding and managing health conditions** and **wellbeing and lifestyle**. Course duration can range from one-off workshops to weekly sessions lasting up to 7 or 8 weeks.

## Open Days in West Sussex

We have four Open Days arranged in the Autumn/Winter term 2018 to launch our prospectus for 2018-2019. More Open Days are planned for the Spring and Summer terms so please keep in touch or check our website for updates.

### Autumn/Winter term:

**Tuesday 18 September 2018** 1:00pm-3:00pm

The Charis Centre  
Town Barn Road

**Crawley**  
RH11 7EL

**Wednesday 19 September 2018** 1:00pm-3:00pm

The Regis Centre  
Belmont Street

**Bognor Regis**  
PO21 1BL

**Thursday 20 September 2018** 1:00pm-3:00pm

New Park Centre  
New Park Road

**Chichester**  
PO19 7XY

**Tuesday 25 September 2018** 1:00pm-3:00pm

Town Hall  
Chapel Road

**Worthing**  
BN11 1HA

All courses are **free** for adults (of all ages) with mental health-related challenges, their supporters (relatives and carers) and staff of Sussex Partnership NHS Foundation Trust and partner organisations.

**Please note** that some courses are open only to students from certain diversity groups or those using particular mental health services, so do read each course description carefully before applying.

If you are unable to attend an Open Day, don't worry! Just contact us or register your details/apply for a course following instructions on page 2 of this prospectus.

## Graduation Days

To celebrate the achievements of our students and the success of Sussex Recovery College we hold annual **Graduation** events! These take place in the summer and invitations are sent out in June and July every year. Students from across Sussex come along and receive a certificate to acknowledge all the work they have put into attending and completing their courses. As well as listening to key speakers, the event provides an opportunity for students to meet each other and share experiences.

Recognition is also given to our hardworking Peer Trainers, partners and clinicians!



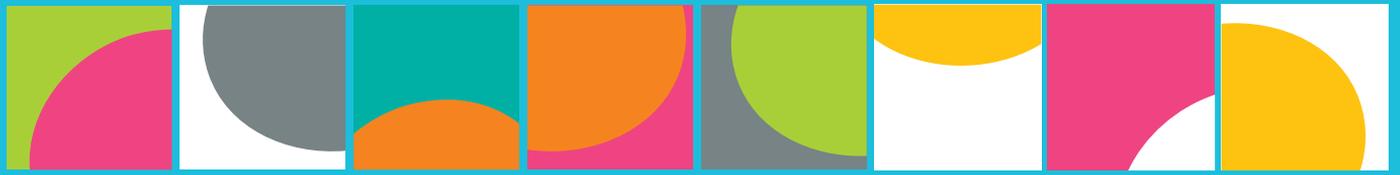
# Understanding and Managing Health Conditions

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These courses are open to students in West Sussex who meet the requirements to attend Sussex Recovery College, although those living in the Coastal campus area may be given priority. Please note that some courses are aimed at specific groups of people and priority for places will be given to them.

# Coastal Campus





## Co-Production in Practice

This course aims to give clinicians an understanding of the effectiveness and benefits of the recovery model with specific reference to theories surrounding co-production. Clinicians will learn how co-production can be used to best effect in delivering and facilitating courses. Common strategies and issues associated with co-production will be addressed, focusing on overcoming potential obstacles in planning and facilitation.

### Learning outcomes

Students will:

- ▶ Know the history and philosophy of the recovery model and how it influences co-production
- ▶ Gain knowledge of the benefits of co-production for both clinician and Peer Trainer
- ▶ Apply skills learned to plan and facilitate Recovery College courses effectively

### Course structure

One half-day workshop

### Aimed at

Trust staff and those who need a deeper understanding of co-production in practice.

## Enabling Recovery

This course aims to support you as you begin to take control of your recovery journey. Students will explore what recovery means for them on an individual basis and think about what gets in the way and what supports recovery. There will be the chance to share and learn from others with similar experiences and to learn about the role activity and community resources can play in recovery.

### Learning outcomes

Students will:

- ▶ Understand what recovery means for them and identify at least three things that will support their own recovery
- ▶ Develop a personal mini-wellness and recovery plan
- ▶ Learn about local community opportunities to further support recovery

### Course structure

Weekly sessions for up to 5 weeks

### Aimed at

Anyone who would like support to think about their recovery journey. Supporters and carers are also welcome to apply.

## Expert by Experience: Participation Workshops

This introductory workshop gives you an opportunity to learn or refresh your knowledge of the techniques and information to help you get involved effectively in service improvement at Sussex Partnership. You will have the option of joining our bank of Experts by Experience, becoming involved in a wide range of engagement work, including recruitment of new staff. We teach you how to articulate your thoughts and ideas coherently to effect meaningful changes in services and support you on your recovery journey.

### Learning outcomes

Students will:

- ▶ Be able to use their experiences, good and bad, in a way that is safe for them, to make positive changes in the organisation
- ▶ Be confident and effective in meetings
- ▶ Become involved in recruitment of new staff

### Course structure

One full-day workshop

### Aimed at

Anyone with longstanding or moderate to severe mental health challenges. Carers and supporters, as well as Trust staff members, are also welcome to apply.

## I Heart Consent: a Workshop for Women Only

In this course students explore the meaning of gender and the impact it has on their lives, through a critical exploration of gender norms and expectations.

We discuss our understanding of consent and the myths surrounding sexual violence. We also provide an opportunity for students to explore what a respectful relationship looks like alongside the concept of enthusiastic consent. At the heart of the course is a re-framing of the way that society views sexual violence and consent, with the aim of empowering women and survivors of sexual violence.

### Learning outcomes

Students will:

- ▶ Improve their understanding of gender power dynamics and their impact on the lives of women and girls
- ▶ Improve their understanding of consent and legal definitions
- ▶ Improve their understanding of coercive and abuse behaviour

### Course structure

One 3-hour workshop

### Aimed at

Women aged over 18 who feel they could benefit from this approach. Please feel welcome to contact us for further guidance regarding registration for this course.

## Introduction to Psychosis

This course helps you to make sense of what a diagnosis of psychosis involves. We look at the symptoms, causes and impact that psychosis can have on our lives. Early warning signs are considered, alongside a wide variety of approaches and coping strategies. There will be handout information and further links to take home to deepen your understanding and develop your self-management skills. Discussion time is factored in so that you can talk about your individual experiences within the safety and support of the group.

### Learning outcomes

Students will:

- ▶ Learn that they are not alone
- ▶ Get an overview of the symptoms, causes, treatments and support available for psychosis
- ▶ Become familiar with a variety of coping skills and self-management tools

### Course structure

Weekly sessions for up to 6 weeks

### Aimed at

Students with lived experience of psychosis, schizophrenia or a schizo-affective disorder, who would like to develop knowledge and insight into their condition. Supporters and carers are also welcome to apply.

## Living with Anxiety and Depression

This course is intended to be of benefit to anyone affected by anxiety and depression. Anxiety is a type of fear often associated with the thought or threat of things going wrong in the future, but it can also arise from what is happening right now. Depression is a common mental health problem that causes people to experience low mood, loss of interest or pleasure, feelings of guilt or low self-worth. These conditions affect around one in six people.

### Learning outcomes

Students will:

- ▶ Develop a greater understanding of anxiety and depression
- ▶ Examine possible causes and triggers
- ▶ Learn about various approaches to managing anxiety and depression

### Course structure

Weekly sessions for up to 6 weeks

### Aimed at

Anyone living with the challenges posed by anxiety and depression. Supporters and carers are also welcome to apply.



## Living with Bipolar

This course is for people who are living with or affected by bipolar disorder. It focuses on prevention and management of episodes of mania, hypomania and depression, and looks at common treatments and other coping strategies. These include self-help techniques, creativity, nutrition, sleep, relapse prevention and relationship issues.

### Learning outcomes

Students will:

- ▶ Feel more confident in setting personal goals to manage their mental health, and learn how sleep and nutrition affect bipolar disorder
- ▶ Have a basic understanding of the types of therapies commonly available
- ▶ Be able to identify and access additional activities that may assist in their recovery

### Course structure

Weekly sessions for up to 3 weeks

### Aimed at

Anyone living with or affected by bipolar disorder. Supporters and carers are also welcome to apply

## Managing ADHD / ADD

This course explores symptoms and demonstrates different methods of coping with challenges that occur with attention deficit hyperactivity disorder (ADHD). We also look at the effects of medication and explore the three key areas that affect people with ADHD. We focus on managing emotions, getting more organised and developing different ideas about how you can manage the patterns of behaviour that cause distress; and we also consider other support resources available.

### Learning outcomes

Students will:

- ▶ Develop at least three coping mechanisms for ADHD
- ▶ Consider how to deal with emotions
- ▶ Consider being organised and time management

### Course structure

One 2 hour workshop

### Aimed at

Anyone who suspects they may be affected by ADHD/ADD or who has had a diagnosis. Supporters and carers are also welcome to apply.

## Mental Health Awareness

On this course we look at what is mental health and discover how we manage our stress – the key to staying well. We give you an insight into mental health conditions, providing information and resources on the most common signs and symptoms, and point you to self-help specialist organisations. We will share self-care strategies for a healthy lifestyle, including a focus on diet and sleep. This is a journey for everyone: once you have the tools, wellbeing through self-care is a gift that no-one should miss out on.

### Learning outcomes

Students will:

- ▶ Explore what is mental health and where they can get advice and support
- ▶ Recognise the signs and symptoms of common mental health conditions
- ▶ Discover stress management through positive mental health strategies

### Course structure

Weekly sessions for up to 7 weeks

### Aimed at

Anyone with mental health challenges. Supporters and carers are also welcome to apply.

## Mental Health First Aid

This course teaches people how to identify, understand and help someone who may be experiencing a mental health issue. You will learn how to listen, reassure and respond, even in a crisis – and potentially even stop a crisis from happening. The two-day course qualifies you as a Mental Health First Aider. Participants are given a manual to work from and keep, and certificate upon completion.

### Learning outcomes

Students will:

- ▶ Gain an in-depth understanding of mental health and the factors that can affect wellbeing
- ▶ Learn practical skills to spot the triggers and signs of mental health issues
- ▶ Achieve enhanced interpersonal skills such as non-judgemental listening

### Course structure

Two consecutive days full time

### Aimed at

Anyone with an interest in mental health who feels they could benefit from this approach.

## Post-Traumatic Stress: Life after Trauma

Most people experience traumatic events in their lives. Following these many people continue to experience distressing symptoms of post-traumatic stress such as intrusive memories, flashbacks and nightmares. This course explores the impact of trauma, providing information about different types of difficulty, including post-traumatic stress disorder (PTSD). We explore which options for help are available. Combining the best evidence with the clinical and personal experience of the trainers, we describe some of the tools that may best alleviate the symptoms and help you reclaim your life. We give carers and staff an insight into the condition and what helps someone in distress to cope and realign themselves with everyday function.

### Learning outcomes

Students will:

- ▶ Understand what the causes and effects of trauma can be
- ▶ Learn how to look after themselves and others, using trauma-specific as well as general strategies
- ▶ Understand what support might be helpful

### Course structure

Weekly sessions for up to 3 weeks

### Aimed at

Anyone suffering from mental health issues associated with trauma, particularly PTSD. Supporters and carers are also welcome to apply.

## Resolving the Red Mist: Managing Your Anger

This course will be of particular interest to those who have found that their anger and related aggressive behaviour has caused them problems. We apply motivational approaches and a range of skills to manage angry emotions better, including problem-solving and communication styles. We acknowledge anger can lead to encounters with the criminal justice system and welcome those who want to make positive changes.

### Learning outcomes

Students will:

- ▶ Learn about the triggers to their anger
- ▶ Learn about managing or changing their relationship with anger and aggression
- ▶ Consider next steps in their recovery

### Course structure

Weekly sessions for up to 6 weeks

### Aimed at

Anyone with longstanding or moderate-to-severe mental health challenges. Supporters and carers are also welcome to apply.



## Understanding ADHD in Adults

This workshop will explain the primary and secondary symptoms of attention deficit hyperactivity disorder (ADHD) and the impairments that they can cause. We help you to understand how these symptoms may be treated and the medications that are used. We also examine some coping strategies.

### Learning outcomes

Students will:

- ▶ Understand the nature of the symptoms and impairments related to ADHD/ADD
- ▶ Learn about the different medications that can be used
- ▶ Understand how it impacts of people’s functioning, taking in some coping strategies to help with the symptoms

### Course structure

One 2 hour workshop

### Aimed at

Anyone who suspects they may be affected by ADHD/ADD or who has had a diagnosis. Supporters and carers are also welcome to apply.

## Understanding and Coping with Anxiety

This course is designed to help understand the way anxiety affects us physically and how it also impacts on our thoughts, feelings and behaviours. The sessions will look at ways of challenging negative thoughts, exploring ways of working with anxiety behaviour. It will also include some simple relaxation techniques and creativity.

### Learning outcomes

Students will:

- ▶ Gain an understanding of the ways anxiety affects us
- ▶ Learn how to challenge negative thoughts and cope with panic attacks
- ▶ Develop a personal wellbeing ‘toolkit’ to help manage anxiety

### Course structure

Weekly sessions for up to 6 weeks

### Aimed at

Anyone with mental health challenges who has a problem with anxiety. Supporters and carers are also welcome to apply.

## Understanding and Coping with Depression

This course is for people who are living with or affected by depression. It will look at common treatments such as Cognitive Behavioural Therapy and talking therapies, as well as other coping strategies, including self-help techniques, creativity, nutrition, sleep problems, relapse prevention and relationship issues.

### Learning outcomes

Students will:

- ▶ Feel more confident about setting personal goals to manage their depression and learn how sleep and nutrition can also affect their condition
- ▶ Gain an understanding of therapy types commonly available
- ▶ Be able to identify and access additional activities that could assist in their recovery

### Course structure

Weekly sessions for up to 6 weeks

### Aimed at

Anyone living with depression. Supporters and carers are also welcome to apply.



## Understanding and Living with Dementia

A diagnosis of dementia can lead to a range of thoughts and feelings for both the person with dementia and those supporting them. It may take time to adjust to the news and raise questions and worries about the future. This workshop is designed to help you understand what dementia is, examine facts and myths, explore feelings associated with receiving a diagnosis and find out how you can maximise your quality of life whilst living with the condition. We look at treatments and support, and at how you can help yourself (or support someone else) to live well with dementia; we include tips for managing memory, thoughts, mood and lifestyle.

### Learning outcomes

Students will:

- ▶ Develop a greater understanding of dementia and explore how it feels to receive a diagnosis
- ▶ Discover strategies and approaches on how to live with dementia and improve quality of life
- ▶ Gain a greater awareness/overview of support systems available in their local area

### Course structure

One 2½ hour workshop

### Aimed at

Anyone with a recent diagnosis of dementia, or who is otherwise affected by it. Supporters and carers are also welcome to apply.

## Understanding and Living with EUPD

Emotionally Unstable Personality Disorder (EUPD) is a complex emotional difficulty that can have a significant impact on how you think, feel, perceive or relate to others. Often this can be a negative impact and can be distressing not only for the person concerned but also for family members and friends. This course explores ways of understanding the experience of living with EUPD and practical strategies to manage the challenges it can present.

### Learning outcomes

Students will:

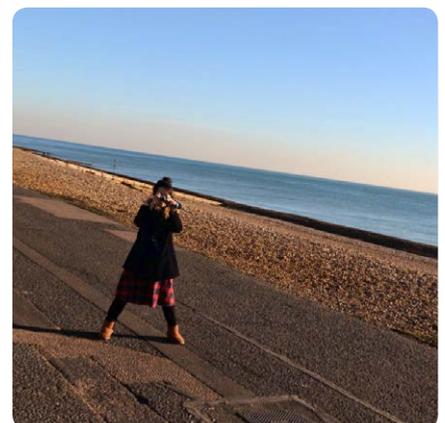
- ▶ Increase their understanding of EUPD and complex emotional difficulties
- ▶ Identify at least three ways in which EUPD can impact on daily life
- ▶ Explore and try out strategies to manage the challenges of living with EUPD and develop a personal wellbeing 'toolkit'

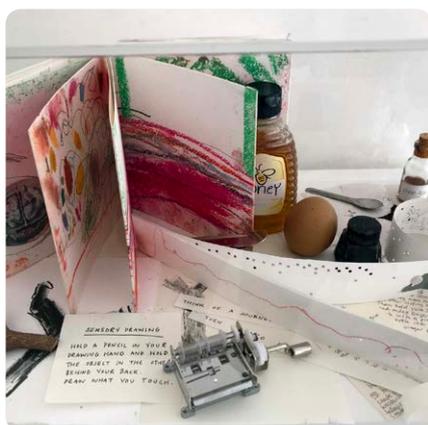
### Course structure

Two sessions of 4 hours

### Aimed at

Anyone living with a diagnosis of EUPD. Supporters and carers are also welcome to apply.





## Tanya's story

“I started Recovery College in Spring 2015.

My first course was an Animation course. This was a big challenge for me, because I was not only forcing myself to face a social situation, I also didn't consider myself very creative!

I was supported and encouraged very well by the Recovery College staff and fellow students, and I managed to complete the course and make a metal sausage dog puppet called Petal. She was made out of scrap metal like soldering tin cans together. I was taught how to animate her and make a backdrop and we used the story of the Wizard of Oz as a voiceover. I felt very proud of what I had made and conquering my fears of socialising and being creative. At the end of the course the staff and students organised a trip and it was during that time that I got to know one of the students from the course very well. We became firm friends and have continued to attend several other Recovery College courses.

Wellbeing in the Wild was based at Friston Forest. We met with Recovery College and Sussex Wildlife Trust staff around a campfire, we learned how to collect the right kind of wood for lighting the fire, made hot drinks and toasted marshmallows and bread, even cooked sausages. It seemed like time stood still as we laughed, chatted and worked as a team together. We even got to rest in a hammock. Wonderful once you got past a few bumps trying to get in and out of it!

It has been a great help to experience the courses with my friend. We have offloaded to each other as well as supported and encouraged each other not to give up managing our mental health. We even had some childish moments walking through the park on our way to the Bipolar course. The play area was empty so I said 'Let's get on the swings!' No-one was looking so we were kids again enjoying the swings. That made us laugh.

Managing our mental health doesn't always have to be a struggle when we can capture happy moments like these.”

## Tanya

Recovery College student

# Coastal Campus

## Wellbeing and Lifestyle

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These courses are open to students in West Sussex who meet the requirements to attend Sussex Recovery College, although those living in the Coastal campus area may be given priority. Please note that some courses are aimed at specific groups of people and priority for places will be given to them.

## Building Resilience for Wellness and Recovery

This course introduces resilience, drawing on research, practice and lived experience. It aims to help people overcome challenges by building on strengths inside them and in the world around. Resilience can help people get through tough times successfully. There will be opportunities to share resilience tips, tools and experiences.

### Learning outcomes

Students will:

- ▶ Increase their understanding of what resilience is and what it is not
- ▶ Identify and try out a number of resilient moves to help them cope with the challenges in their lives
- ▶ Create their own personal ‘toolkit’ by the end of the course

### Course structure

Weekly sessions for up to 5 weeks

### Aimed at

Anyone with moderate to severe mental health challenges who is facing tough times in their lives. Supporters and carers are also welcome to apply.

## Decluttering

This course defines the problem of clutter and offers suggestions on how to combat it, having considered why people clutter in the first place. It will include storage suggestions and what to do with things no longer wanted or needed. We look at how to declutter and how to organise, plan and get started. There will be opportunities to share tips, tools and experiences.

### Learning outcomes

Students will:

- ▶ Be able to assess how cluttered they are
- ▶ Understand the barriers to and benefits of decluttering
- ▶ Know how to start to declutter and what to do with what they don't need or want

### Course structure

Weekly sessions for 2 weeks

### Aimed at

Anyone who finds it hard to get rid of items they don't use and who wants to, but is struggling to, declutter their space.

## Five Ways to Wellbeing

In this course we'll learn the Five Ways to Wellbeing; how they work together to support our recovery and help to keep us well. As well as classroom work we'll try out things like woodland walks and nature visits.

Then we'll investigate what activities are going on in our own communities, choose our own combinations and find out how to join. Each person who comes on the course shows us something new and we'd enjoy your company on this journey towards using the Five Ways to Wellbeing.

### Learning outcomes

Students will:

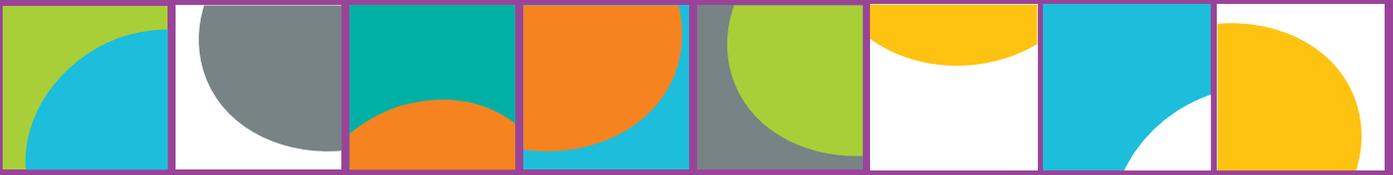
- ▶ Identify activities in the five key areas that are essential to supporting wellbeing
- ▶ Develop a self-management plan to support wellbeing and recovery alongside others
- ▶ Have an increased awareness of local activities and how to access them

### Course structure

Weekly sessions for up to 8 weeks

### Aimed at

Anyone with mental health challenges who feel they would benefit from the Five Ways to Wellbeing. Supporters and carers are also welcome to apply.



## Food and Mood

The course starts with some basic information on nutrition. We establish which foods are necessary to increase health, and we discuss healthy eating for improved mental health. The course includes practical exercises, discussions, healthy snacks and lots of handouts – including easy recipes to cook at home.

### Learning outcomes

Students will:

- ▶ Be able to choose foods that contain the nutrients needed for good health
- ▶ Know about the research and evidence base that indicates which foods and nutrients particularly support mental health
- ▶ Be able to interpret food labels

### Course structure

Weekly sessions for up to 7 weeks

### Aimed at

Anyone who would like to be more informed about nutrition and healthy eating for improved mental health.

## Introduction to Assertiveness

This course defines what assertiveness is and what it isn't. You will discover when it is easier to be assertive and what stops you using assertiveness skills in other situations. You will practise being assertive and saying no. There are opportunities for discussion, sharing tips, tools and experiences.

### Learning outcomes

Students will:

- ▶ Be able to assess how assertive they are and choose when to use assertiveness skills
- ▶ Understand the barriers to and benefits of being assertive
- ▶ Practise being assertive and saying no

### Course structure

Weekly sessions for 2 weeks

### Aimed at

Anyone who would like to be more assertive and aim for a win-win outcome in their interactions with others where there is conflict.

## Introduction to Living in the Present Moment

An approach to mental health recovery that uses methods of being in the present in order to bring wellbeing and a more rested mind, dwelling less on thoughts about the past and future. We introduce short exercises that help to manage life's difficulties and change the way you think, feel and act.

### Learning outcomes

Students will:

- ▶ Gain knowledge of the concept of living in the moment and how to do it
- ▶ Be able to apply some grounding and relaxation techniques
- ▶ Understand better how this approach can help cope with daily living

### Course structure

Weekly sessions for 2 weeks

### Aimed at

Anyone experiencing mental health challenges who would like to find out more about the techniques of living in the moment.

## Mapping Your Journey: a Creative Approach to Joining Up the Dots...

In this course you will develop an understanding of your recovery journey through practical creative exercises. We help you select both positive and challenging moments to share through pictures, movement, imagination and sounds. We include relaxation and self-empathy approaches to help build a new way of overcoming challenges. Moments of joy, individually and within the group, become a pattern to be built on during the course.

### Learning outcomes

Students will:

- ▶ Use a range of creative imaginative exercises to develop their marks and creative skills
- ▶ Develop confidence in creativity, communicating and working with others
- ▶ Identify interesting and creative approaches that can be continued with and sustained beyond the course

### Course structure

Weekly sessions for up to 4 weeks

### Aimed at

Anyone with mental health challenges, all levels of experience and none. Supporters and carers are also welcome to apply.

## Painting for Wellbeing

Through a simple series of guided exercises designed to eliminate the fear of a blank canvas. The focus of this course is on the enjoyment of using colour and relinquishing the performance fear of making something look like something. It aims to recapture the childhood pleasure of using colour for its own sake.

### Learning outcomes

Students will:

- ▶ Experience the pleasure of using paint
- ▶ Build their confidence in the use of paint, brushes and canvas
- ▶ Recognise the uniqueness of self-expression within a group experience

### Course structure

One-off half-day workshop

### Aimed at

Anyone with mental health challenges, all levels of experience and none. Supporters and carers are also welcome to apply.

## Self-Esteem and Positive Thought

Join us as we take a look at the relationship between what we think of ourselves and how this impacts on how we feel about ourselves. Develop ways to move beyond the negative ideas that contribute to low self-esteem. This course involves discussions in which you will be helped to feel comfortable, given resources to use after the sessions, and take away skills for the future.

### Learning outcomes

Students will:

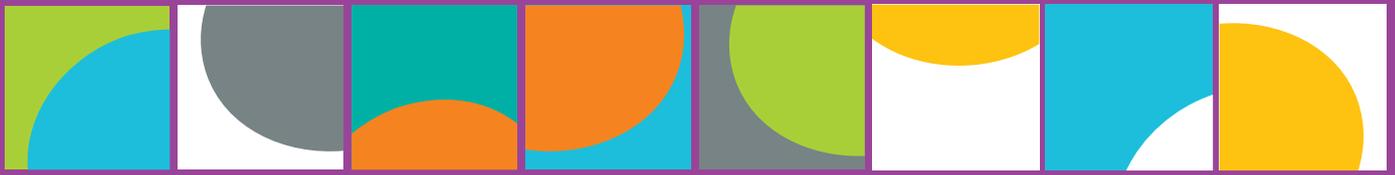
- ▶ Understand what self-esteem is and how to improve it
- ▶ Take a look at negative thoughts and how to challenge them
- ▶ Develop a ‘toolbox’ of ways to increase self-esteem and have a more positive outlook

### Course structure

Weekly sessions for up to 6 weeks

### Aimed at

Anyone with mental health challenges who feels that how they think about themselves could improve. Supporters and carers are also welcome to apply.



## Sleep for Wellbeing

This course looks at the science of sleep, including the sleep cycle and Circadian rhythm (the 'body clock'). We look at why we need to sleep and factors that can affect our quality of sleep, as well as common sleep disorders. We explore sleep hygiene and ways that might help improve sleep, with students being given the opportunity to complete their own sleep diary.

### Learning outcomes

Students will:

- ▶ Gain an understanding of why we need to sleep and the science behind it
- ▶ Know the factors that can impact on sleep and how these might apply to them
- ▶ Discover ways to help improve their sleep and use a sleep diary to monitor this

### Course structure

Weekly sessions for up to 2 weeks

### Aimed at

Anyone interested in improving their understanding of the science of sleep and who wants to sleep better.

## Taking Action

Moving forward in life can feel scary and at times impossible. As a peer group we listen and motivate each other towards change. We will review where we are at and where we want to be and then set personal goals to get there. Activities include completing worksheets, small and large group discussions, creative writing and brief homework tasks.

### Learning outcomes

Students will:

- ▶ Review obstacles for change
- ▶ Identify personal skills, tools and positive strategies to keep you well
- ▶ Set goals for the future and develop a wellness support plan

### Course structure

Weekly sessions for up to 3 weeks

### Aimed at

Anyone who feels stuck in their situation and is looking for help, support and motivation to move forward.



## Wellbeing and Resilience for Young People

We look at the unique issues faced by young people as they move through this, sometimes difficult, transition phase of life. Resilience is important for surviving stressful life events; it helps people rise above their personal circumstances, enabling them to grow and thrive. This course helps participants to understand the importance of resilience and how to develop and use it in their own lives to support their mental and emotional wellbeing.

### Learning outcomes

Students will:

- ▶ Understand what resilience is and how it links to mental health and emotional wellbeing
- ▶ Appreciate how circumstances impact on resilience and learn strategies to improve emotional wellbeing
- ▶ Identify where resilience is needed and develop a personal plan to support them in making positive changes

### Course structure

One half-day session

### Aimed at

17-25-year-olds experiencing problems with their mental health and emotional wellbeing.

## Wellbeing through Sound and Movement

Delivered in association with Make Your Mark Arts and Health, this course is an opportunity to discover the sound and movement we hold within ourselves. This is a safe space to bring to light your own personal creativity, learning how to communicate freely and confidently, losing inhibitions and exploring varying levels of personal challenge. We weave characters, landscapes and atmospheres, spontaneously exploring our creative potential as a group.

### Learning outcomes

Students will:

- ▶ Enhance their sense of wellbeing in a non-pressurised, encouraging environment
- ▶ Develop transferable communication skills through listening, self-advocacy, collaboration and teamwork
- ▶ Gain a sense of connectedness to a local artistic community through creating new work with a supportive group of people

### Course structure

Weekly sessions for up to 10 weeks

### Aimed at

All levels of experience, including those who have never done any music or drama in the past. If you already play an ensemble instrument appropriate for group work, feel free to bring it along.

## Work for Wellbeing

This course aims to guide you through all practical areas of employment-seeking, including construction of CVs, filling in application forms and what to expect in an interview. It also indicates how you can keep well whilst looking for work. You will consider the sort of occupation that suits you best, in relation to your skills and knowledge.

### Learning outcomes

Students will:

- ▶ Have a good understanding of the job-searching process and be able to job-search effectively
- ▶ Understand how to reduce stress in the workplace and what safeguards exist to help keep them well
- ▶ Understand the benefits of work and the wellbeing it can bring when sought in the right way

### Course structure

Weekly sessions for up to 5 weeks

### Aimed at

Anyone with experience of mental health challenges who feels at a disadvantage in gaining and/or sustaining employment.

# Case study – a student's experience

**It was interesting to hear about the trainer's own experience and from fellow attendees. I wanted to know I was not alone and to hear other people share their stories**

**We asked one of our colleagues to share her experience of joining a Recovery College course.**

**Recovery College:** Jo, tell us how you came to hear about us?

**Joanne:** I found out about it through my work with the Sussex Partnership NHS Foundation Trust.

**RC:** Had you taken part in Recovery College courses before last year?

**Joanne:** The Understanding Autism course was the first Recovery College course I'd tried.

**RC:** What were you hoping to gain from the course?

**Joanne:** I was hoping to find out about the impact of autism on a person's life so I could gain greater understanding and awareness, as someone in my family is autistic. It was interesting to hear about the trainer's own experience and from fellow attendees as to how someone with autism may have behaved or what challenges they had been through. I wanted to know I was not alone in viewing the behaviour I had witnessed and to hear other people share their stories. I felt this workshop covered that and there was plenty of time to ask questions and learn more. We also received handouts and information which was really helpful to look through in our own time.

**RC:** What are your plans for the future – to attend more courses, continue/look for employment etc?

**Joanne:** I am currently in employment. I am interested in the outdoors and ensuring you take the time to get some fresh air, so may well be attending one of the more active outdoor courses in future.

**RC:** Would you recommend Recovery College to others and if so why?

**Joanne:** I would recommend Recovery College to others because it is a great way of meeting new people, some of whom may have a similar experience to yours, and because of its approach to mental health issues. There's such a great range of courses to choose from as well, and it's all free!

**RC:** Any other comments about Recovery College?

**Joanne:** Just to say I think it is a great project that has brought many people together and encouraged them to do something they may never have done before, which can only be a good thing.



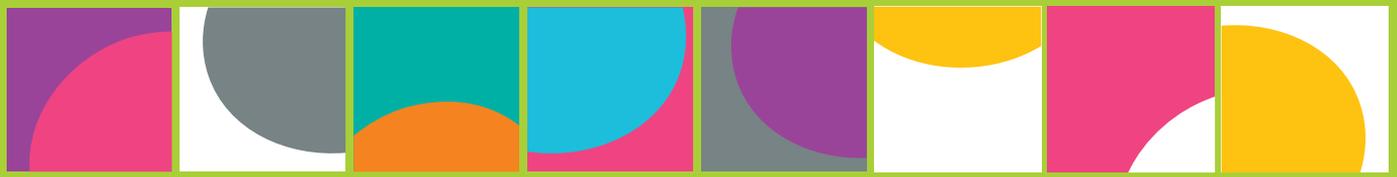
# Understanding and Managing Health Conditions

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# Northern Campus





## Coping Strategies and Problem-Solving

This course aims to give people the skills to manage problems and cope with situations in a more effective way. At times problems can build up and make it difficult to cope. We take students through a variety of techniques to enable them to anticipate, manage and get through problems of all types that occur in daily life.

### Learning outcomes

Students will:

- ▶ Develop their own set of tools to cope with problems
- ▶ Know how to identify a problem and reduce it into components
- ▶ Understand where and how to find help

### Course structure

Weekly sessions for up to 4 weeks

### Aimed at

Anyone with longstanding, moderate or severe mental health challenges. Supporters and carers are also welcome to apply.

## Expert by Experience: Participation Workshops

This introductory workshop gives you an opportunity to learn or refresh your knowledge of the techniques and information to help you get involved effectively in service improvement at Sussex Partnership. You will have the option of joining our bank of Experts by Experience, becoming involved in a wide range of engagement work, including recruitment of new staff. We teach you how to articulate your thoughts and ideas coherently to effect meaningful changes in services and support you on your recovery journey.

### Learning outcomes

Students will:

- ▶ Be able to use their experiences, good and bad, in a way that is safe for them, to make positive changes in the organisation
- ▶ Be confident and effective in meetings
- ▶ Become involved in recruitment of new staff

### Course structure

One full-day workshop

### Aimed at

Anyone with longstanding or moderate to severe mental health challenges. Carers and supporters, as well as Trust staff members, are also welcome to apply.

## I Heart Consent: a Workshop for Women Only

In this course students explore the meaning of gender and the impact it has on their lives, through a critical exploration of gender norms and expectations.

We discuss our understanding of consent and the myths surrounding sexual violence. We also provide an opportunity for students to explore what a respectful relationship looks like alongside the concept of enthusiastic consent. At the heart of the course is a re-framing of the way that society views sexual violence and consent, with the aim of empowering women and survivors of sexual violence.

### Learning outcomes

Students will:

- ▶ Improve their understanding of gender power dynamics and their impact on the lives of women and girls
- ▶ Improve their understanding of consent and legal definitions
- ▶ Improve their understanding of coercive and abuse behaviour

### Course structure

One 3-hour workshop

### Aimed at

Women aged over 18 who feel they could benefit from this approach. Please feel welcome to contact us for further guidance regarding registration for this course.

## **Introduction to Personality Disorder**

A personality disorder is a condition in which an individual differs significantly from the average person in terms of how they think, feel, perceive or relate to others. Often this can have a negative impact and can be distressing not only for the person concerned but also for family members and friends. This course explores ways of understanding the experience of living with a diagnosis of personality disorder and the challenges faced by those affected.

### **Learning outcomes**

Students will:

- ▶ Increase their understanding of a personality disorder – what it is and what it is not
- ▶ Identify at least three ways in which symptoms impact on daily life
- ▶ Explore and try out strategies that cope with the symptoms of personality disorder and develop a personal wellbeing 'toolkit'

### **Course structure**

Weekly sessions for up to 3 weeks

### **Aimed at**

Anyone affected by a diagnosis of personality disorder. Supporters and carers are also welcome to apply.

## **Living with Bipolar**

This course is for people who are living with or affected by bipolar disorder. It focuses on prevention and management of episodes of mania, hypomania and depression, and looks at common treatments and other coping strategies. These include self-help techniques, creativity, nutrition, sleep, relapse prevention and relationship issues.

### **Learning outcomes**

Students will:

- ▶ Feel more confident in setting personal goals to manage their mental health, and learn how sleep and nutrition affect bipolar disorder
- ▶ Have a basic understanding of the types of therapies commonly available
- ▶ Be able to identify and access additional activities that may assist in their recovery

### **Course structure**

Weekly sessions for up to 3 weeks

### **Aimed at**

Anyone living with or affected by bipolar disorder. Supporters and carers are also welcome to apply.

## **Paul's story**

"I found out about Recovery College through an employment specialist in West Sussex, and have been involved with it ever since.

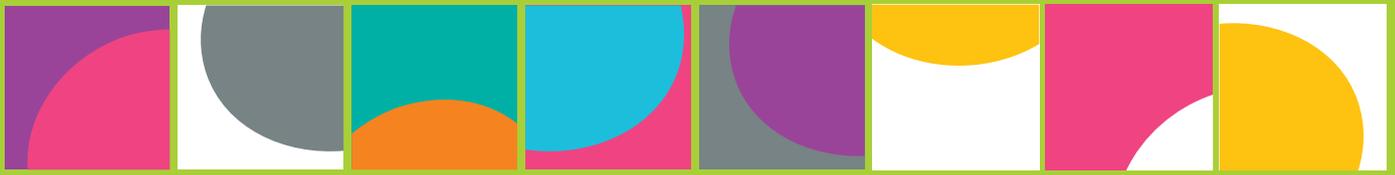
Delivering the courses with a clinician is fantastic because as well as the enormous support they give you also learn new things about the subjects you're teaching. The feedback from students has been very kind and uplifting, and has been a wonderful source of strength for my own continued recovery.

I have loved every minute of my experience as a Peer Trainer and always look forward to course days: the joy of helping others is such a great feeling.

Coming to work for Sussex Recovery College is by far the best decision I have made in my working life and I would encourage anyone to do so when positions are available."

**Paul**  
Peer Trainer





## Post-Traumatic Stress: Life after Trauma

Most people experience traumatic events in their lives. Following these many people continue to experience distressing symptoms of post-traumatic stress such as intrusive memories, flashbacks and nightmares. This course explores the impact of trauma, providing information about different types of difficulty, including post-traumatic stress disorder (PTSD). We explore which options for help are available. Combining the best evidence with the clinical and personal experience of the trainers, we describe some of the tools that may best alleviate the symptoms and help you reclaim your life. We give carers and staff an insight into the condition and what helps someone in distress to cope and realign themselves with everyday function.

### Learning outcomes

Students will:

- ▶ Understand what the causes and effects of trauma can be
- ▶ Learn how to look after themselves and others, using trauma-specific as well as general strategies
- ▶ Understand what support might be helpful

### Course structure

Weekly sessions for up to 3 weeks

### Aimed at

Anyone suffering from mental health issues associated with trauma, particularly PTSD. Supporters and carers are also welcome to apply.

## Resolving the Red Mist: Managing Your Anger

This course will be of particular interest to those who have found that their anger and related aggressive behaviour has caused them problems. We apply motivational approaches and a range of skills to manage angry emotions better, including problem-solving and communication styles. We acknowledge anger can lead to encounters with the criminal justice system and welcome those who want to make positive changes.

### Learning outcomes

Students will:

- ▶ Learn about the triggers to their anger
- ▶ Learn about managing or changing their relationship with anger and aggression
- ▶ Consider next steps in their recovery

### Course structure

Weekly sessions for up to 6 weeks

### Aimed at

Anyone with longstanding or moderate-to-severe mental health challenges. Supporters and carers are also welcome to apply.

## Suicide Awareness: Coping with Suicidal Thoughts and Feelings

This course helps you to understand what can lead a person to become so distressed that they want to take their own life. Through discussion and group work we explore interventions that grow your confidence, such as crisis planning and resilience building. The course includes an overview of services to support individuals experiencing suicidal thoughts.

### Learning outcomes

Students will:

- ▶ Learn to be open, honest and direct about suicide
- ▶ Feel confident about using suicide intervention techniques
- ▶ Have a knowledge of local and national support services

### Course structure

Weekly sessions for up to 3 weeks

### Aimed at

Anyone who has attempted suicide or has experienced suicidal thoughts. Supporters and carers are also welcome to apply.

## **Suicide Awareness for Families and Carers**

This course helps you to understand what can lead a person to become so distressed that they want to take their own life. Through discussion and group work we explore interventions that help your loved one grow their confidence, such as crisis planning and resilience building. The course includes an overview of services to support individuals experiencing suicidal thoughts.

### **Learning outcomes**

Students will:

- ▶ Learn to be open, honest and direct about suicide
- ▶ Feel confident about using suicide intervention techniques
- ▶ Have a knowledge of local and national support services

### **Course structure**

Weekly sessions for up to 3 weeks

### **Aimed at**

Anyone who is supporting a family member or friend who has attempted suicide or experienced suicidal thoughts.

## **Understanding Autism**

Autistic spectrum conditions are widely misunderstood yet they affect about one in 100 adults living in the UK. This course offers an introductory insight into these and aims to disabuse the myths, offering hope to those on the autistic spectrum.

### **Learning outcomes**

Students will:

- ▶ Be able to define what autistic spectrum conditions are
- ▶ Learn about identifying strengths and niche construction to enable autistic people to lead fulfilling lives
- ▶ Gain an understanding of local organisations that offer support for autistic people

### **Course structure**

One all-day workshop

### **Aimed at**

Anyone who is autistic, their supporters or carers. People working alongside individuals on the autistic spectrum are also welcome to apply.

## **Understanding and Coping with Anxiety**

This course is designed to help understand the way anxiety affects us physically and how it also impacts on our thoughts, feelings and behaviours.

The sessions will look at ways of challenging negative thoughts, exploring ways of working with anxiety behaviour. It will also include some simple relaxation techniques and creativity.

### **Learning outcomes**

Students will:

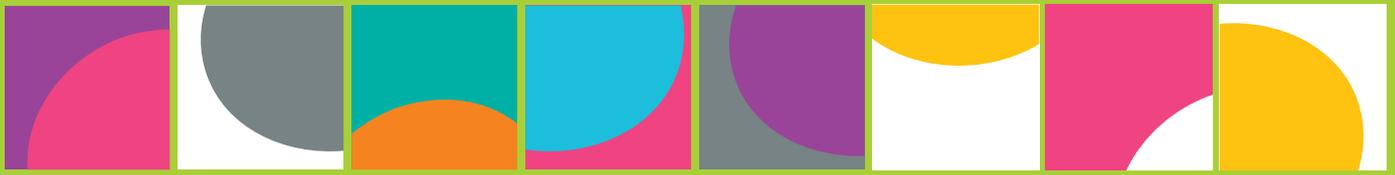
- ▶ Gain an understanding of the ways anxiety affects us
- ▶ Learn how to challenge negative thoughts and cope with panic attacks
- ▶ Develop a personal wellbeing 'toolkit' to help manage anxiety

### **Course structure**

Weekly sessions for up to 6 weeks

### **Aimed at**

Anyone with mental health challenges who has a problem with anxiety. Supporters and carers are also welcome to apply.



## Understanding and Coping with Depression

This course is for people who are living with or affected by depression. It will look at common treatments such as Cognitive Behavioural Therapy and talking therapies, as well as other coping strategies, including self-help techniques, creativity, nutrition, sleep problems, relapse prevention and relationship issues.

### Learning outcomes

Students will:

- ▶ Feel more confident about setting personal goals to manage their depression and learn how sleep and nutrition can also affect their condition
- ▶ Gain an understanding of therapy types commonly available
- ▶ Be able to identify and access additional activities that could assist in their recovery

### Course structure

Weekly sessions for up to 6 weeks

### Aimed at

Anyone living with depression. Supporters and carers are also welcome to apply.

## Understanding and Living with EUPD

Emotionally Unstable Personality Disorder (EUPD) is a complex emotional difficulty that can have a significant impact on how you think, feel, perceive or relate to others. Often this can be a negative impact and can be distressing not only for the person concerned but also for family members and friends. This course explores ways of understanding the experience of living with EUPD and practical strategies to manage the challenges it can present

### Learning outcomes

Students will:

- ▶ Increase their understanding of EUPD and complex emotional difficulties
- ▶ Identify at least three ways in which EUPD can impact on daily life
- ▶ Explore and try out strategies to manage the challenges of living with EUPD and develop a personal wellbeing 'toolkit'

### Course structure

Two sessions of 4 hours

### Aimed at

Anyone living with a diagnosis of EUPD. Supporters and carers are also welcome to apply.

## Understanding and Living with OCD

Does Obsessive Compulsive Disorder (OCD) rule your life? This interactive course will give the opportunity to understand more about the symptoms of OCD and share your personal experiences in a supportive environment. We will explore and trial self-help techniques, tackling negative thinking and compulsive checking.

### Learning outcomes

Students will:

- ▶ Identify at least three ways in which OCD affects their daily lives
- ▶ Explore and trial at least three strategies to cope with OCD
- ▶ Develop a personal wellbeing 'toolkit' to cope with and reduce OCD symptoms

### Course structure

Weekly sessions for up to 6 weeks

### Aimed at

Anyone living with OCD. Supporters and carers are also welcome to apply.



## Understanding Medication

These are interactive question-and-answer sessions in which we look at medical and physiological causes, treatments available and self-help resources, and “What you always wanted to know about your medication”. We include areas such as how medication works, what helps health care professionals decide on what to prescribe, side-effects and management of side-effects, and how medicines can interact with other medications and illnesses.

### Learning outcomes

Students will:

- ▶ Develop an understanding of how medication works and the different treatments available
- ▶ Develop an understanding of how medication affects them personally and how to manage any side-effects they may experience
- ▶ Feel more confident about discussing medication with healthcare professionals

### Course structure

Two-hour sessions focusing on each of the following mental health areas:

- ▶ Depression
- ▶ Mood Disorders
- ▶ Psychosis

### Aimed at

Anyone who has recently been diagnosed with any of the above. Supporters and carers are also welcome to apply.

## Understanding Psychosis

This course helps you to make sense of and cope with psychotic symptoms, exploring the causes of psychosis and what can help towards recovery. A range of resources will be made available, including handouts and information to take home to aid in development of coping skills.

### Learning outcomes

Students will:

- ▶ Understand their diagnosis and formulation, including symptoms and causes
- ▶ Have an overview of medication, other treatments and support
- ▶ Become familiar with and practise coping skills and self-management tools

### Course structure

Weekly sessions for up to 6 weeks

### Aimed at

Anyone diagnosed with psychosis, schizophrenia or a schizo-affective disorder, or who hears voices, sees visions or has beliefs that others think are delusional. Supporters and carers are also welcome to apply.

# Northern Campus

## Wellbeing and Lifestyle

|                                                                            |           |
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| <b>Self-Esteem and Positive Thought</b>                                    | <b>31</b> |
| <b>Andrew's story</b>                                                      | <b>31</b> |
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| <b>Work for Wellbeing</b>                                                  | <b>32</b> |

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## Building Resilience for Wellness and Recovery

This course introduces resilience, drawing on research, practice and lived experience. It aims to help people overcome challenges by building on strengths inside them and in the world around. Resilience can help people get through tough times successfully. There will be opportunities to share resilience tips, tools and experiences.

### Learning outcomes

Students will:

- ▶ Increase their understanding of what resilience is and what it is not
- ▶ Identify and try out a number of resilient moves to help them cope with the challenges in their lives
- ▶ Create their own personal ‘toolkit’ by the end of the course

### Course structure

Weekly sessions for up to 5 weeks

### Aimed at

Anyone with moderate to severe mental health challenges who is facing tough times in their lives. Supporters and carers are also welcome to apply.

## Coping Skills for Wellness and Recovery

This course aims to help students to develop their ability to overcome their mental health challenges. Students will explore a range of helpful coping skills and strategies promoting self-management and recovery.

### Learning outcomes

Students will:

- ▶ Learn at least three strategies to help recovery and wellbeing
- ▶ Develop personal life skills and employ at least three appropriate techniques to help manage unhelpful symptoms
- ▶ Learn to recognise ‘triggers’ and early warning signs, developing appropriate coping strategies

### Course structure

Weekly sessions for up to 8 weeks

### Aimed at

Anyone in the early stages of recovery or seeking to refresh/reinforce their knowledge to help themselves maintain personal wellbeing. Supporters and carers are also welcome to apply.

## Creativity for Wellbeing

This course introduces leisure activities vital to wellbeing, and here students will use a variety of media and techniques to complete personal and group projects. You will learn to express your thoughts and feelings as you explore what your recovery means to you. No drawing or painting ability necessary – all levels welcome.

### Learning outcomes

Students will:

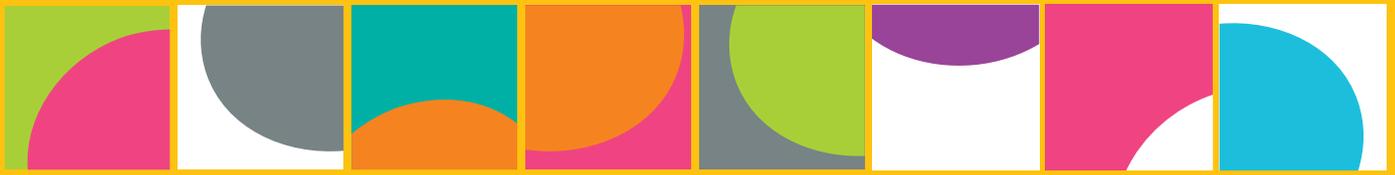
- ▶ Understand the importance and benefits of creativity to wellbeing
- ▶ Gain knowledge of and experience with new techniques and media
- ▶ Create a portfolio of expressive works

### Course structure

Weekly sessions for up to 7 weeks

### Aimed at

Anyone with longstanding, moderate or severe mental health challenges. Supporters and carers are also welcome to apply.



## Mapping Your Journey: a Creative Approach to Joining Up the Dots...

In this course you will develop an understanding of your recovery journey through practical creative exercises. We help you select both positive and challenging moments to share through pictures, movement, imagination and sounds. We include relaxation and self-empathy approaches to help build a new way of overcoming challenges. Moments of joy, individually and within the group, become a pattern to be built on during the course.

### Learning outcomes

Students will:

- ▶ Use a range of creative imaginative exercises to develop their marks and creative skills
- ▶ Develop confidence in creativity, communicating and working with others
- ▶ Identify interesting and creative approaches that can be continued with and sustained beyond the course

### Course structure

Weekly sessions for up to 4 weeks

### Aimed at

Anyone with mental health challenges, all levels of creative experience and none. Supporters and carers are also welcome to apply.

## Self-Esteem and Positive Thought

Join us as we take a look at the relationship between what we think of ourselves and how this impacts on how we feel about ourselves. Develop ways to move beyond the negative ideas that contribute to low self-esteem. This course involves discussions in which you will be helped to feel comfortable, given resources to use after the sessions, and take away skills for the future.

### Learning outcomes

Students will:

- ▶ Understand what self-esteem is and how to improve it
- ▶ Take a look at negative thoughts and how to challenge them
- ▶ Develop a 'toolbox' of ways to increase self-esteem and have a more positive outlook

### Course structure

Weekly sessions for up to 6 weeks

### Aimed at

Anyone with mental health challenges who feels that how they think about themselves could improve. Supporters and carers are also welcome to apply.

## Andrew's story

"I first heard about Recovery College at the start of my recovery journey. I'd completed a Peer Mentor course with Sussex Oakleaf: they'd shown me a glimmer of light at the end of a very long tunnel.

I was intrigued by the ethos of the College: it was therapeutic but not therapy. Students, co-production between professionals and people like me with lived experience standing up and speaking in front of lots of people telling my story... the whole idea was very appealing but also nerve wracking at the same time.

I was encouraged to apply for the role of Peer Trainer in the College and got an interview. I well remember the anxiety and nervousness but I had my good friend with me so we managed to hold each other up!

The feeling that the College thought it worthwhile investing time and money in me for training and development gave me a real boost. That I can pass on what I've learnt to others in a supportive and safe environment is brilliant.

Recovery College has been one of the best experiences of my life and I attribute my own continuing wellbeing to the things I learn and experience from my co-trainers, students and colleagues.

Everyone should give it a go. It'll help!"

### Andrew

Senior Peer Trainer

## Wellbeing in the Garden

Gardening has numerous benefits, not least being great for your mental wellbeing. Developing a connection to local and global communities, feeling closer to nature, getting your hands dirty and watching things grow are just a few of the ways gardening can make you feel good. Not only that, it has been researched and evidenced as one of the best ways to look after your mental health. We include sessions on resilience and reflective practice, combined with practical gardening skills whilst spending time in the fresh air.

### Learning outcomes

Students will:

- ▶ Develop practical skills as well as life skills such as organisation and working in groups
- ▶ Learn protective coping strategies to manage distress
- ▶ Engage in reflective practice as a group and individually

### Course structure

Weekly sessions for up to 6 weeks

### Aimed at

Anyone with mental health challenges. Supporters and carers are also welcome to apply.

## Wellbeing in the Wild

This course offers opportunities for students to experience the soothing powers of nature, and gain confidence and self-esteem in a safe woodland environment. Each session centres around a fire circle in the woods and involves a variety of woodland activities that are both practical and creative.

### Learning outcomes

Students will:

- ▶ Learn at least three woodland skills and crafts from a wide range
- ▶ Independently visit a local natural setting
- ▶ Make a personal journal of positive memories using photographs, woodland artefacts and found objects

### Course structure

Weekly sessions for up to 8 weeks

### Aimed at

Anyone with mental health challenges. Supporters and carers are also welcome to apply.

## Work for Wellbeing

This course aims to guide you through all practical areas of employment-seeking, including construction of CVs, filling in application forms and what to expect in an interview. It also indicates how you can keep well whilst looking for work. You will consider the sort of occupation that suits you best, in relation to your skills and knowledge.

### Learning outcomes

Students will:

- ▶ Have a good understanding of the job-searching process and be able to job-search effectively
- ▶ Understand how to reduce stress in the workplace and what safeguards exist to help keep them well
- ▶ Understand the benefits of work and the wellbeing it can bring when sought in the right way

### Course structure

Weekly sessions for up to 5 weeks

### Aimed at

Anyone with experience of mental health challenges who feels at a disadvantage in gaining and/or sustaining employment.

# Supporting and continuing your learning journey

## Mental Health Recovery

Recovery in a mental health context is about living a fulfilling and hopeful life with or without ongoing symptoms or related challenges. Mental health recovery is also a journey that may include making sense of what has happened, taking back control through building on your own resources and working towards life goals. In addition to our many courses, we offer these additional services:

### Buddies

A Buddy is a trained peer supporter who looks after the needs of a student to enable them to attend a Recovery College course. They provide the extra individual support some of our students may need to progress their mental health recovery through education.

Buddies can help by:

- ▶ Providing telephone support and encouragement to attend courses
- ▶ Accompanying a student to and from a course venue
- ▶ Attending a course with a student to offer learning support

A Buddy may not drive a student to and from course or travel with you in your own car, but all of our Buddies are very happy to support you to be able to travel on public transport.

**Please note:** Buddies are allocated based on the individual needs of the student and availability of appropriate support. Please tick the box on the Buddies section of our registration form (either on paper or online) to apply for a Buddy.

### Student Voice (Union)

A group of students who meet regularly and have their say about how the College is run. It provides a great opportunity to meet other students in a supportive and informal setting and contributes to the research that we do. Please contact us if you would like to be part of Student Voice.

Further information on Student Unions can be seen on this link: [www.nus.org.uk](http://www.nus.org.uk)

## Continuing your learning journey

Evidence shows that continuing to learn throughout life can improve and maintain our mental wellbeing. Learning boosts self-confidence and self-esteem, and it can help you to connect with others. Learning throughout life doesn't have to mean getting more qualifications: there are lots of different ways to bring learning into your life. Whether you're a returning Sussex Recovery College student or registering with us for the first time, here are some pointers to further opportunities:

### Aspire

 0345 601 0161

A charitable staff-run social enterprise that leads in the planning, promotion and delivery of vibrant adult education across Sussex. As part of our role in supporting communities and developing skills, we help students to learn, enjoy and achieve.

 [enquiries@aspire Sussex.org.uk](mailto:enquiries@aspire Sussex.org.uk)

 [aspire Sussex.org.uk](http://aspire Sussex.org.uk)

### Central Sussex College

 0845 155 0043

We provide guidance and support to help you make the most of your potential and achieve your goals! We offer an exciting range of academic qualifications, vocational subjects and apprenticeships – based at excellent facilities in Crawley, Haywards Heath, East Grinstead and Horsham. Whether you are just leaving school and looking to study for a BTEC or A Levels, are looking to retrain and gain new skills, or take your studies further with a professional qualification or higher level training at our University Centre, we can cater for you.

 [info@centralsussex.ac.uk](mailto:info@centralsussex.ac.uk)

 [centralsussex.ac.uk](http://centralsussex.ac.uk)

### Northbrook College

 0845 155 6060

We are the principal provider of work-related further education in an area centred on Worthing, with campuses in both Worthing and Shoreham. We are also the largest provider in West Sussex of undergraduate courses for the creative and cultural industries. We offer a wide range of full- and part-time courses from basic skills to degrees. Qualifications include trade and professional qualifications as well as pre-university diplomas and university degrees.

 [enquiries@nbcol.ac.uk](mailto:enquiries@nbcol.ac.uk)

 [northbrook.ac.uk](http://northbrook.ac.uk)

# Our partner organisations



## Coastal West Sussex Mind

01903 277000

[www.coastalwestsussexmind.org](http://www.coastalwestsussexmind.org)

Coastal West Sussex Mind aims to promote mental health and wellbeing throughout the coastal areas. Its mission is to provide high quality mental health services to support people in their recovery journeys.



## The Corner House

01273 871575

[www.corner-house.org.uk](http://www.corner-house.org.uk)

An activity-based resource centre offering support and advice to people between the ages of 18 and 65 with mental health difficulties. The Corner House aims to encourage people to optimise their potential, and engender a sense of wellbeing through engaging in creative and vocational pursuits.



## East Grinstead & District Association for Mental Health

[info@egmha.org.uk](mailto:info@egmha.org.uk)

[www.egmha.org.uk](http://www.egmha.org.uk)

A small charity based in East Grinstead, EGDAMH is a committee of dedicated volunteers who are carers, people with mental health concerns and professionals. The committee organises fundraising events and runs sports groups, creative expressions art groups, and a conservation project.

We are always happy to welcome new partners onboard at Recovery College. If you are an organisation that would like to join us in the delivery of our varied course portfolio, please contact us for further discussion. Call us on **0300 303 8066**



## Make Your Mark

[makeyourmark@sussexpartnership.nhs.uk](mailto:makeyourmark@sussexpartnership.nhs.uk)

[www.makeyourmarknhs.co.uk](http://www.makeyourmarknhs.co.uk)

Make Your Mark (MYM) is the arts and health programme for Sussex Partnership. It aims are to increase access to the arts for people facing mental health challenges through participatory drawing events.



RCSAS  
RAPE CRISIS SURREY & SUSSEX  
Rape & Sexual Abuse Support Centre

## Rape Crisis Surrey and Sussex/Rape and Sexual Abuse Support Centre

01293 279 956

[www.rcsas.org.uk](http://www.rcsas.org.uk)

RCSAS provides specialist and confidential support services to women and girls aged 13 and over who have experienced sexual violence at any point in their lives. Our all-female team is based in an anonymous building in Crawley. Working within a model of empowerment, we create safe spaces for women to explore the impact sexual violence has had on their lives, along with the resilience and strength it takes to survive it.



## The Richmond Fellowship

01403 241866 / 01243 780420

[www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)

The Richmond Fellowship's focus is on providing high quality services to the 9,000 people it supports each year. The organisation has pioneered and practised its belief in social inclusion and recovery for more than 50 years, and is now one of the largest voluntary sector providers of mental health care in England.



## Soundcastle

[www.soundcastle.co.uk](http://www.soundcastle.co.uk)

A social enterprise with a focus on creative arts projects that enable people to discover the skills to write their own music. It places community members at the heart of the creative process, promoting ownership and ultimately autonomy. Soundcastle aims to reduce isolation and enhance wellbeing, connectedness and resilience by bringing music back into grassroots culture and daily lives.



## Southdown

01273 749500

[www.southdownhousing.org](http://www.southdownhousing.org)

Southdown Recovery Services provide personalised support to people with mental health needs, working to maximise hope, independence and resilience to enable better management of mental health and achievement of personal goals. The concept of recovery is about people staying in control of their life despite their mental health issues. Our services are based on the Recovery model for mental health.



## Sussex Oakleaf

01293 534782 / 01444 459517

[www.sussexoakleaf.org.uk](http://www.sussexoakleaf.org.uk)

A registered society with charitable status providing a range of support services to people with mental health needs, as well as individuals at risk of homelessness.



## United Response

020 8246 5200

[www.unitedresponse.org.uk](http://www.unitedresponse.org.uk)

A charity with 300 locations across England and Wales, employing over 3500 staff, United Response's mission is to ensure that individuals with mental or physical support needs or learning disabilities have the opportunity to live their lives to the full. Additionally, it runs campaigns on social care issues and organises fundraising schemes and events.

# Make Your Mark – a Year of Drawing



Some examples of Make Your Mark project work



Many of our courses are produced through strong partnerships with organisations in and around Sussex.

**A Year of Drawing** was a recent art project organised by Make Your Mark, the arts and health programme for Sussex Partnership NHS Foundation Trust, which aims to increase access to the arts for people and carers facing mental health challenges. We do this through participatory drawing events across Sussex and Hampshire.

Funded by Heads On, with grants from Arts Council England, Chalk Cliff Trust, John Horniman's Children's Trust and Rockinghorse Children's Charity, the project has covered Sussex Partnership's Adult Mental Health Services and Children and Adolescent Mental Health Services, and is made up of three participatory elements: public drawing workshops at

cultural venues, pop-up studios in NHS mental health settings, and a series of drawing-based Recovery College courses.

Three artists and three Peer Arts Workers (experts by experience) were commissioned to work on the project, and we worked with nine cultural partners across Sussex and Hampshire: Aspex Gallery, Portsmouth; Cass Sculpture Foundation, Goodwood (near Chichester); De La Warr Pavilion, Bexhill; Fabrica Gallery, Brighton; Royal Pavilion and Museums, Brighton; Southampton Art Gallery; The Hawth, Crawley; Towner Gallery, Eastbourne; and Worthing Museum.

For information on how you can get involved, please visit [www.makeyourmarknhs.co.uk](http://www.makeyourmarknhs.co.uk) or e-mail [makeyourmark@sussexpartnership.nhs.uk](mailto:makeyourmark@sussexpartnership.nhs.uk).



# Addresses of venues

## Coastal campus

### Aspire Adult Education Centre

 0345 6010161

Westloats Lane, Bognor Regis PO21 5LH

### The Bedale Centre

 0300 304 0400

1 Glencathara Road  
Bognor Regis PO21 2SF

### Bognor Regis Library

 01243 382470

London Road, Bognor Regis PO21 1DE

### Chapel Street Clinic

 01243 623300

Chapel Street, Chichester PO19 1BX

### Coastal West Sussex Mind

 01903 277000

The Gateway, Durrington Lane  
Worthing BN13 2QG

### The Corner House

 01273 871575

45 Southwick Street,  
Southwick BN42 4TH

### Dove Lodge

 01903 719451

Beach Road, Littlehampton BN17 5JG

### Durrington Community Centre

 01903 268287

2 Romany Road, Worthing BN13 3ED

### Field Place Manor House

 01903 446401

The Boulevard, Worthing BN13 1NP

### Guild Care Centre

 01903 528600

Methold House, North Street  
Worthing BN11 1DU

### Heene Community Centre

 01903 209997

122 Heene Road, Worthing BN11 4PL

### New Park Centre

 01243 536840

New Park Road, Chichester PO19 7XY

### St. Lawrence Surgery

 01903 222900

79 St Lawrence Avenue  
Worthing BN14 7JL

### The Richmond Fellowship

 01243 780420

Forum House, Stirling Road  
Chichester PO19 7DN

### Southwick Community Centre

 01273 592819

24 Southwick Street, Southwick BN42 4TE

### Sussex Partnership NHS Foundation Trust

 01903 843000

Meadowfield Hospital, Arundel Road,  
Worthing BN13 3EF

### Sussex Partnership NHS Foundation Trust

 0300 304 0100

Trust Headquarters, Arundel Road,  
Worthing BN13 3EP

### United Response

 01903 732736

The Studio, Fort Road East,  
Littlehampton BN17 7QZ

### Worthing Town Hall

 01903 239999

Chapel Road, Worthing BN11 1HA

For information on how to get to and from a course or event venue using public transport we suggest you use one of the following services:

### West Sussex County Council Community Transport Providers

 [westsussex.gov.uk/roadsandtravel/travel-and-publictransport](http://westsussex.gov.uk/roadsandtravel/travel-and-publictransport)  
 01243 777100

### Travel Line

 [www.traveline.info](http://www.traveline.info)  
 0871 200 2233

(The cost of calls per minute from landlines may be subject to change; depending on your network provider calls from mobiles may cost more)

## Northern campus

### Bewbush Centre

 01293 530491

Dorsten Square, Crawley RH11 8XW

### The Charis Centre

 01293 453446

Town Barn Road, Crawley RH11 7EL

### Crawley Library

 01293 651751

Southgate Avenue, Crawley RH10 6HG

### Haywards Heath Town Hall

 01444 455694

40 Boltro Road, Haywards Heath RH16 1BA

### Moat Church

 01342 321725

Moat Road, East Grinstead RH19 1ET

### The Richmond Fellowship

 01403 750786

Roffey Millennium Hall, Crawley Road,  
Horsham RH12 4DT

### South Downs Centre

North Street  
Midhurst GU29 9DH

### Sussex Partnership NHS Foundation Trust

 01293 590400

Langley Green Hospital, Martyrs Avenue,  
Crawley RH11 7EJ

### Tilgate Park

 01293 521168

Crawley RH10 5PQ

See page 39 for our map denoting our West Sussex campus areas

# Reading Well: Books on Prescription

The **Reading Well: Books on Prescription** programme provides information and advice on managing mental health challenges. It is endorsed by mental health professionals and supported by public libraries.

Please see page **38** for a full list of recommended reading, arranged by category.

## How does the scheme work?

Your GP or mental health professional can recommend a book, but they're also available for anyone to borrow from local libraries.

## What do you need to do?

A few tips to help you get the most of **Reading Well: Books on Prescription**:

- ▶ Decide which book would be most helpful
- ▶ Visit your local library to borrow the book. If you're not a member you can join on the day. You can find out where your local library is by visiting [www.gov.uk/join-library](http://www.gov.uk/join-library). Simply bring proof of identification with your name and address e.g. a bill or driving licence
- ▶ Ask at your library about other services they provide that might help you. For example, reading groups can be a good way of bringing people together, promoting wellbeing
- ▶ Read the book carefully and follow the practical exercises and activities suggested

## Can books really help?

Evidence from the National Institute of Clinical Evidence (NICE) shows that self-help books support the understanding and management of common mental health conditions.

Although books can work on their own, if you're receiving treatment from a mental health professional, research has shown self-help approaches work best with additional support.

## What if books don't help?

If you're being supported by your GP or a mental health professional and you find that the book you're reading isn't helping you should ask to discuss this.

You could also contact the Sussex Partnership NHS Foundation Trust Mental Healthline, a service offering support and information to anyone experiencing mental health challenges. The service is also available to carers and healthcare professionals.

 **0300 5000 101**

Available Monday-Friday 5:00pm-9:00am and 24 hours at weekends and on Bank Holidays

## Other sources of advice and information

The following organisations can also help:

### The Samaritans

 [www.samaritans.org](http://www.samaritans.org)

 **08457 909090**

Available 24 hours a day, 7 days a week

### Mind

 [www.mind.org.uk](http://www.mind.org.uk)

 **0300 123 3393**

### Mental Health Helplines Partnership

 [www.mhhp.org.uk](http://www.mhhp.org.uk)

### The Royal College of Psychiatrists

 [www.rcpsych.ac.uk/info](http://www.rcpsych.ac.uk/info)

Some books are available in different formats. For more information visit:

 [www.readingagency.org.uk/readingwell](http://www.readingagency.org.uk/readingwell)

**Feedback** We're keen to hear your views!

You will find a simple and confidential online form at:  
 [www.readingagency.org.uk/readingwell](http://www.readingagency.org.uk/readingwell)

# Reading Well: Books on Prescription

## Books included in the scheme

|                                          | Title                                                                                                                                                                               | Author                                                                     | Publisher               |
|------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-------------------------|
| <b>Anger</b>                             | Overcoming Anger and Irritability: A Self-help Guide Using Cognitive Behavioural Techniques                                                                                         | Davies, William                                                            | Constable & Robinson    |
| <b>Anxiety</b>                           | Overcoming Anxiety: A Self-help Guide Using Cognitive Behavioural Techniques                                                                                                        | Kennerley, Helen                                                           | Constable & Robinson    |
|                                          | Overcoming Anxiety, Stress and Panic: A Five Areas Approach                                                                                                                         | Williams, Chris                                                            | CRC Press               |
|                                          | Feel the Fear and Do it Anyway                                                                                                                                                      | Jeffers, Susan                                                             | Vermilion               |
| <b>Binge Eating/<br/>Bulimia Nervosa</b> | Overcoming Binge Eating (new edition – 'Overcoming Binge Eating: The Proven Programme to Learn Why You Binge and How You Can Stop' – available in HB and PB from 30 September 2013) | Fairburn, Christopher                                                      | Guilford Press          |
|                                          | Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders                                                                         | Schmidt, Ulrike and Treasure, Janet                                        | Routledge               |
|                                          | Overcoming Bulimia Nervosa and Binge Eating: A Self-Help Guide Using Cognitive Behavioural Techniques                                                                               | Cooper, Peter J.                                                           | Constable & Robinson    |
| <b>Chronic Fatigue</b>                   | Chronic Fatigue Syndrome (second edition)                                                                                                                                           | Campling, Frankie and Sharpe, Michael                                      | Oxford University Press |
|                                          | Overcoming Chronic Fatigue: A Self-help Guide Using Cognitive Behavioural Techniques                                                                                                | Burgess, Mary and Chalder, Trudie                                          | Constable & Robinson    |
| <b>Chronic Pain</b>                      | Overcoming Chronic Pain: A Self-help Guide Using Cognitive Behavioural Techniques                                                                                                   | Cole, Frances; Carus, Catherine; Howden-Leach, Hazel; and Macdonald, Helen | Constable & Robinson    |
| <b>Depression</b>                        | Overcoming Depression and Low Mood: A Five Areas Approach (third edition)                                                                                                           | Williams, Chris                                                            | CRC Press               |
|                                          | Mind Over Mood: Change How You Feel by Changing the Way You Think                                                                                                                   | Greenberger, Dennis and Padesky, Christine                                 | Guilford Press          |
|                                          | Overcoming Depression: A Self-Help Guide Using Cognitive Behavioural Techniques                                                                                                     | Gilbert, Paul                                                              | Constable & Robinson    |
| <b>Health Anxiety</b>                    | Overcoming Health Anxiety: A Self-Help Guide Using Cognitive Behavioural Techniques                                                                                                 | Veale, David and Willson, Rob                                              | Constable & Robinson    |
|                                          | An Introduction to Coping with Health Anxiety                                                                                                                                       | Hogan, Brenda and Young, Charles                                           | Constable & Robinson    |
| <b>Obsessions and Compulsions</b>        | Overcoming Obsessive Compulsive Disorder: A Self-Help Guide Using Cognitive Behavioural Techniques                                                                                  | Veale, David and Willson, Rob                                              | Constable & Robinson    |
|                                          | Understanding Obsessions and Compulsions                                                                                                                                            | Tallis, Frank                                                              | Sheldon Press           |
|                                          | Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT                                                                                                              | Challacombe, Fiona, Oldfield, Victoria, Bream and Salkovskis, Paul M.      | Vermilion               |
| <b>Panic</b>                             | Overcoming Panic and Agoraphobia: A Self-Help Guide Using Cognitive Behavioural Techniques                                                                                          | Silove, Derrick and Manicavasagar, Vijaya                                  | Constable & Robinson    |
|                                          | Panic Attacks: What They Are, Why They Happen and What You Can Do About Them                                                                                                        | Ingham, Christine                                                          | HarperCollins           |
| <b>Phobias</b>                           | An Introduction to Coping with Phobias                                                                                                                                              | Hogan, Brenda                                                              | Constable & Robinson    |
| <b>Relationship Problems</b>             | Overcoming Relationship Problems: A Self-Help Guide Using Cognitive Behavioural Techniques                                                                                          | Crowe, Michael                                                             | Constable & Robinson    |
| <b>Self-Esteem</b>                       | Overcoming Low Self-esteem: A Self-Help Guide Using Cognitive Behavioural Techniques                                                                                                | Fennell, Melanie                                                           | Constable & Robinson    |
|                                          | The Feeling Good Handbook                                                                                                                                                           | Burns, David                                                               | Penguin                 |
| <b>Social Phobia</b>                     | Overcoming Social Anxiety and Shyness: A Self-Help Guide Using Cognitive Behavioural Techniques                                                                                     | Butler, Gillian                                                            | Constable & Robinson    |
| <b>Sleep Problems</b>                    | Overcoming Insomnia and Sleep Problems: A Self-Help Guide Using Cognitive Behavioural Techniques                                                                                    | Espie, Colin A.                                                            | Constable & Robinson    |
| <b>Stress</b>                            | The Relaxation and Stress Reduction Workbook                                                                                                                                        | Davis, Martha                                                              | New Harbinger           |
|                                          | Manage Your Stress for a Happier Life                                                                                                                                               | Looker, Terry and Gregson, Olga                                            | Hodder                  |
| <b>Worry</b>                             | The Worry Cure: Stop Worrying and Start Living                                                                                                                                      | Leahy, Robert, L.                                                          | Piatkus Books           |
|                                          | How to Stop Worrying                                                                                                                                                                | Tallis, Frank                                                              | Sheldon Press           |

# Our campuses



## A note on our pictorial contributions

All pictures in the prospectus apart from those on the contents pages have been sourced from courses we run in Recovery College – including selected artworks from some of our creativity courses – or are otherwise Recovery College-related. Additional images are supplied by our publishers.

 0300 303 8086

 @withoutstigma

 [sussexrecoverycollege.org.uk](http://sussexrecoverycollege.org.uk)

 [sussex.recoverycollege@nhs.net](mailto:sussex.recoverycollege@nhs.net)

 **Sussex Recovery College**  
**Aldrington House**  
**35 New Church Road**  
**Hove**  
**BN3 4AG**



**Sussex Recovery College**  
has been part-funded by

**HEADS ON**  
Support for mental health

Did you know that Sussex Recovery College is part-funded by **Heads On** – the charity supported by Sussex Partnership NHS Foundation Trust? To help keep all our courses free, please visit [www.headsoncharity.org/donate](http://www.headsoncharity.org/donate) and consider making a donation. Every penny of your donation will go directly to the College.

Thanks for your support!

Sussex Partnership   
NHS Foundation Trust

 **Quality Mark**  
Awarded for face to face delivery of  
education and training to the health sector

### **Sussex Partnership NHS Foundation Trust Mental Helpline**

A telephone service offering support and information to anyone experiencing mental health challenges – the service is also available to carers and healthcare professionals.

Tel: **0300 5000 101** Monday to Friday 5pm to 9am – 24 hrs at weekends and Bank Holidays

If your need is urgent visit:

**[www.sussexpartnership.nhs.uk/urgent-help-crisis](http://www.sussexpartnership.nhs.uk/urgent-help-crisis)**

We welcome contact with organisations that support our moral and ethical values. If you would like to advertise your services in future prospectuses please get in touch.

This document is available in alternative formats upon request.